



## Power Yoga

Become stronger and more centered! This vigorous workout develops endurance, balance and flexibility with yoga poses combined with deep breathing. Each participant is encouraged to work at their own pace in this westernized form of Asthanga or Vinyasa Yoga. Wear loose clothing and bring a mat and towel. For those 15 years old and older.

Curtis Elementary School, 3600 W. Hundred Road  
Wednesdays, May 5-June 9, 7:30-8:45 p.m. \$60 **Course #9728**  
Details: Bill Carlson, 748-1128

## Vinyasa Flow Yoga

Appropriate for newcomers to yoga, as well as for more experienced yogis, this moderately-paced class emphasizes breath through continuous movement. The flow of sun salutations and Hatha Yoga postures with breathing and relaxation techniques will be taught. Each participant is encouraged to work at their own pace. Wear comfortable clothing and bring a yoga mat. For those 15 years old and older.

Curtis Elementary School, 3600 W. Hundred Road  
Tuesdays, May 11-June 8, 6:45-8 p.m. \$60 **Course #9727**  
Details: Bill Carlson, 748-1128

## Find the TT button!

Whenever you see this symbol next to a program, it indicates that you can use our easy, Touch-Tone Registration process. See page 29 for details.



## Curves for Women

Come join us at Curves for Women for a complete workout of cardio and strength training in only 30 minutes. You will rotate from station to station and work on every major muscle group, while maintaining your target heart rate.

Curves for Women Chesterfield, 7000 Commons Plaza

Date and Time	Fee	Course #
Thursdays, June 10-July 8, 9:30-10 a.m.	\$25	9541
Thursdays, June 10-July 8, 6:30-7 p.m.	\$25	9542
Thursdays, July 15-Aug. 12, 9:30-10 a.m.	\$25	9543
Thursdays, July 15-Aug. 12, 6:30-7 p.m.	\$25	9544

Details: Bill Carlson, 748-1128

## Integral Yoga

Classes taught by Integral Yoga Center teachers. Learn this ancient discipline, which offers physical, mental and emotional benefits, at your own pace and comfort level. Understand the philosophy beyond yoga to enhance flexibility, endurance and lung capacity while increasing your concentration, memory awareness and peace of mind.

Register one week before course

Details: Bill Carlson, 748-1128

## Beginner Integral Yoga

Bon Air Elementary School, 8701 Polk Street  
Wednesdays, May 12-June 9, 6-7:15 p.m. \$45 **Course #9911**

Bon Air United Methodist Church, 1645 Buford Road  
Tuesdays, May 4-June 8, 1:15-2:30 p.m. \$54 **Course #9912**

Bon Air Library, 9103 Rattlesnake Road  
Tuesdays, July 27-Aug. 31, 7:45-9 p.m. \$45 **Course #9913**  
(Not held 8/3)

## Continuing Integral Yoga

Bon Air Elementary School, 8701 Polk Street  
Wednesdays, May 12-June 9, 7:30-9 p.m. \$50 **Course #9914**

Bon Air Library, 9301 Rattlesnake Road  
Tuesdays, July 27-Aug. 31, 6-7:30 p.m. \$50 **Course #9915**  
(Not held 8/3)

## Mixed-Level Integral Yoga

Combination course for beginners and more experienced students.

J. B. Watkins Elementary School, 501 Coalfield Road  
Tuesdays, May 11-June 15, 7-8:30 p.m. \$50 **Course #9916**